

COLL. CAT.

WA
900
AUG
957

SAVE THE BABIES

*Rules for the Feeding and Care of
Infant's in Summer*

ISSUED

BY THE UTAH STATE
BOARD OF HEALTH

SALT LAKE CITY



*Copies of this Circular will be sent free of cost
to any person applying to the
State Board of Health.*

SAVE THE BABIES

RULES FOR THE FEEDING AND CARE OF INFANTS IN SUMMER.

Issued by the Utah State Board of Health.

MORE THAN ONE THOUSAND INFANTS UNDER THE AGE OF ONE YEAR ANNUALLY DIE IN UTAH. A large proportion of this frightful waste of life is absolutely unnecessary, as it surely could be prevented by proper care and management. An appeal is made to mothers on whom chiefly rests the salvation of the baby, to acquaint themselves with the life-saving methods of child hygiene made known by modern science and to faithfully apply them, in place of the antiquated and irrational customs which are so destructive to infant life.

INFANT MORTALITY IS VASTLY INCREASED DURING THE SUMMER MONTHS. Hot weather lowers the vitality of the child and exerts an injurious effect upon its food; and it is necessary to observe the most rigid precautions in order to prevent grave danger. In no class of diseases are preventive measures more essential and also more effective than in the deadly summer complaints of infants; and there can be no question that many lives may be saved by the intelligent observance of the following rules:

BREAST FEEDING.—The danger to an infant during the hot season is very greatly lessened by breast feeding. **Mother's milk is the only natural and perfect infant's food and should always be used if possible.**

A child's chance of living is materially diminished by resorting to any substitute, and a vast majority of deaths from diarrhoeal disease occur in bottle-fed infants.

Following the birth of a child, if the mother's milk is insufficient every effort should be made to promote its flow. She should take an abundance of wholesome food, especially milk.

Nursing exerts a powerful effect upon the milk secretion and the baby should be placed at the breast regularly every three hours from the time of birth.

Immediately after birth do not give an infant condensed milk or other foods while waiting for the breast milk to appear—to do so is harmful.

If the breast milk continues to be insufficient, mixed feeding should be adopted; by this is meant the addition of a small amount of food from the bottle after each nursing. This plan is much better than that of alternating the breast feedings with the bottle feedings, and should always be followed.

BOTTLE FEEDING, MODIFIED MILK.—For mixed feeding, and as a substitute, where weaning is unavoidable, cow's milk so modified as to be similar to mother's milk in the proportions of fat, sugar and proteid, should always be used.

It must be emphasized that modified cow's milk is the best available substitute for mother's milk. If correctly modified it is more likely to agree with the child's digestion than any artificial food.

Even when artificial or manufactured foods are digested and the child apparently thrives upon them, the needs of the system are not supplied. Rickets, increased susceptibility to disease and various other defects almost invariably result from their use in young infants, except in cases where they are given with milk. **Undiluted cow's milk should never be given to an infant under the age of 11 months.**

It is impossible to prescribe a quantity and modification of milk best suited for all cases, as infants differ in their requirements, and a competent physician should, if possible, be consulted. For the benefit of those who cannot consult a physician, the following rules are suggested as being generally applicable:

For the first few days after birth, a total amount of 2 ounces may be given consisting of 1 part milk, 1 part lime water and 2 parts boiled water, to which is added $\frac{1}{4}$ teaspoonful of milk sugar.

This may be increased in a few days to $2\frac{1}{2}$ ounces if the baby will take it, using the same proportions of the ingredients.

When two weeks old, the proportions and amount may be changed to 1 1-3 ounces milk, $\frac{1}{2}$ ounce lime water, 2 ounces of boiled water and 1 teaspoonful of milk sugar.

Gradually increase milk until at four weeks old, give $1\frac{3}{4}$ ounces of milk, $\frac{1}{2}$ ounce of lime water, $1\frac{3}{4}$ ounces of boiled water and 1 teaspoonful of milk sugar.

At two months, milk 2 ounces, lime water $\frac{1}{2}$ ounce, boiled water 2 ounces, milk sugar $1\frac{1}{2}$ level teaspoonfuls.

At three months, milk $2\frac{1}{2}$ ounces, lime water $\frac{1}{2}$ ounce, boiled water 2 ounces, milk sugar $1\frac{1}{2}$ level teaspoonfuls.

At five months and over, the total quantity of each feeding may be 6 to 7 ounces, gradually increasing the proportion of milk to two-thirds of the total quantity with $\frac{1}{2}$ ounce lime water and $1\frac{1}{2}$ level teaspoonfuls of milk sugar and balance boiled water or gruel.

The increase in the proportion of milk in the mixture should be gradual from week to week.

The test of the proper adjustment of a food is the resultant effect. If the baby remains free from curds in the stools, diarrhoea, and other evidences of indigestion, and gains in weight, the combination is suitable and should be continued.

If a child frequently vomits sour material after feeding, an excess of fat in the food is probably indicated. If the child is constipated and large curds are passed there is an excess of proteid. The excess of fat may be reduced by using less milk and more water. The excess of proteid may be reduced in the same manner, in which case the top 2-3 or $\frac{1}{2}$ of milk may be used in the mixture in place of the whole milk, in order to maintain the percentage of fat.

If the baby shows an ability to digest fat well, the top milk may be used regularly in the place of whole milk in the same proportions as above described. If top milk is used it should be dipped off. When the milk is contained in a milk bottle this is preferably done with a Chapin dipper, which can be obtained at a drug store.

It is usually most convenient to prepare a day's feeding at one time and place on ice either in separate nursing bottles for each feeding or in a covered glass jar.

Lime water may be made at the home by placing a piece of un-slacked lime the size of an egg in a quart of water. After a few hours either filter or pour off and keep in a clean bottle.

For convenience and accuracy in measuring a graduated measure should be used.

Milk from a dairy herd is preferable to that from one cow.

The normal increase in an infant's weight is from four to eight ounces a week. If the food agrees but the weight does not increase, the amount of food or the proportion of milk in the mixture may be increased. After the sixth month gruel made from barley or oatmeal may be used for diluting the milk.

Solid foods should never be fed until the tenth month, and then only a small quantity of toast, stale bread, or beef juice.

During the entire period of infancy, the child should be fed regularly and not too often, and the food should be simple and wholesome. Pastries, candy, etc., should be strictly forbidden.

A child should be weaned as soon as possible after the age of ten months, except in hot weather. Many women nurse children much longer, greatly to the baby's detriment, under the delusion that pregnancy may be prevented thereby. This notion is absolutely without foundation.

If diarrhoea or green stools or persistent vomiting occur, milk feeding should be stopped for 24 to 48 hours or more; and from 1 to 3 teaspoonfuls of castor oil should be given immediately.

While the food is stopped boiled water should be given regularly, to which may sometimes be added a little white of egg or cereal gruel.

If the condition does not quickly improve, a physician should be consulted, as it is liable to become dangerous. When feeding is resumed the quantity and proportions of milk should be greatly reduced for a few days.

CONDENSED MILK frequently may be beneficially substituted for modified milk for a short time under the foregoing circumstances, but should never be given for a long period, even if the baby digests and thrives upon it, for reasons elsewhere stated.

INTERVALS OF FEEDING.—An infant should be fed at regular intervals, preferably every three hours, beginning at six o'clock in the morning and ending at 9 o'clock at night six feedings in twenty-four hours). If the baby is weakly or able to take only a small quantity at a feeding, seven feedings may be given. If fretful at night and between feedings, warm water may be given in the bottle.

UNDER NO CIRCUMSTANCES SHOULD A CHILD BE FED EVERY TIME IT CRIES, AS INJURY WILL SURELY RESULT.

A baby should not be allowed to nurse for more than twenty minutes at a feeding, nor to go to sleep with the nipple in its mouth. Avoid over-feeding, which is more harmful than under-feeding.

PURE MILK.—It is extremely dangerous to feed milk that is in any way contaminated or impure, and very difficult to prevent it from becoming so—this is the hardest problem in bottle feeding. The essential requirements may be summarized as follows:

Clean, fresh milk in clean bottles from clean, healthy cows kept in clean barns, milked by clean methods, cooled immediately after milking, placed on ice and fed from a clean nursing bottle having a clean nipple.

FAILURE IN ANY OF THESE PARTICULARS MAY COST BABY ITS LIFE.

Milk should be kept as cool as possible, preferably on ice until just before feeding, and then warmed. During the hot weather, the life of a baby fed on milk that is not kept cool with ice is in constant

jeopardy. The cold temperature is necessary to prevent the multiplication of poisonous germs in the milk. Certified milk should be used when procurable. In any event be sure that it is clean when milked and kept clean. To scald or sterilize milk renders it more difficult of digestion, but it should be done when there is reason to suspect impure or contaminated milk.

NEVER LET A BABY NURSE THE MILK REMAINING IN A BOTTLE AFTER A FORMER FEEDING. Do not feed milk that is in the least sour or tainted.

It is advisable to provide as many nursing bottles as the number of feedings in twenty-four hours, and after nursing the bottle should be rinsed in cold water and immersed in a solution of boracic acid, one teaspoonful to a pint of water.

Before again being used the bottle should be boiled for ten minutes.

After each nursing nipples should be thoroughly cleansed inside and out with a clean brush, and kept in a solution of boracic acid.

The nursing bottle should have a round bottom, as corners are difficult to clean and sterilize.

NIPPLES WITH TUBES ARE DEADLY, AND SHOULD NEVER UNDER ANY CIRCUMSTANCES BE USED. It is impossible to clean and sterilize them.

Pacifiers also should not be used as they harbor germs.

The baby's mouth should be cleansed at least twice daily with boracic acid solution.

FLIES.—Carefully exclude flies from the baby's bottle and food, and prevent them from lighting on its lips while sleeping. They carry death to thousands of infants.

The severe forms of summer diarrhoea are infectious in the same manner as typhoid fever, the germs being given off in the discharges.

Diapers should be immediately immersed in water and promptly sterilized by boiling. If flies gain access to the discharges from a diarrheal case they become dangerous to other infants, and are one of the most frequent carriers of the germs of summer diarrhoeas.

Babies should be kept as cool as possible in summer. For this purpose cool sponge baths are effective and important. The temperature of water should be about 80 degrees.

The clothing should be light and loose, preferably a thin shirt and diaper.

Avoid flannels and tight bandaging except that in cases where temperature changes are frequent and extreme, a light flannel bandage may be applied around the abdomen.

The baby should have an abundance of fresh air night and day. Keep it as much as possible out of doors. A baby should not sleep in bed with its mother, but should be put to bed alone, without rocking or jouncing, in a quiet place. Constant handling is harmful.

Water which is not too cold should be given frequently.

UNDER NO CIRCUMSTANCES SHOULD SOOTHING SYRUPS OR OTHER NOSTRUMS BE GIVEN TO A BABY. THEY CONTAIN OPIUM, AND ARE DANGEROUS.

When a child cries and frets unduly it is an evidence of some disturbance that needs attention, and the warning should be heeded. Colic is sometimes readily relieved by flushing the bowels with a few ounces of common salt solution, a teaspoonful to a pint of warm water, caused to flow in through a large sized catheter and repeated until the bowel is cleansed. If pain and fretting persists, consult a doctor before it is too late.

Strong emotions, such as anger, excitement and worry, may render mother's milk very injurious to the baby, and it should be temporarily withdrawn during the existence of such mental conditions.

When the mother's milk cannot be used and modified milk fails to agree, a healthy wet nurse should be tried.

A baby should have from one to three bowel movements a day, the color should be yellow and the consistency smooth. If bowels are constipated do not give physics. A somewhat larger proportion of fat in the food may correct it. If not, use a suppository, until a physician can be consulted.

To prevent digestive disturbances during the hot weather, and to check them when present, removal to a cool locality is very effective, and may be necessary to save life.

Beware of the advice of neighborhood grandmothers, and be guided by your doctor if you would protect the life of your baby.

UTAH STATE BOARD OF HEALTH,

T. B. BEATTY, M. D., Secretary.